

Flat Rock Brook

The Newsletter of the Flat Rock Brook Nature Association

News

Volume XXXVII, Number 1

Winter, 2010 - 2011

Cabin Fever? Find the Cure at Flat Rock

Sitting by a fire and sipping hot cocoa sounds pleasant this time of year, but don't miss out on the natural beauty and animal antics that unfold outdoors during the winter months.

Winter is the best time of year to track animals. From footprints to scat to food scraps to dens, animals make themselves known to us in many ways. Learn to recognize these signs in the Animal Tracking Workshop and discover what is roaming in our park.

Our bird programs will help you identify what is flying by your window or over your head on the trails. Bird watching during the winter is a peaceful way to explore the outdoors. This season relax by our bird feeders or grab your binoculars and hit the trails. You never know, you might spot one of your life birds!

Don't wander too far off the trails while bird watching or enjoying one of our guided hikes. Although the trails are well marked, if snow covers the ground, you may have a more difficult time finding your way. What do you do if you find yourself lost in the wilderness? Great question! Sign up for the Winter Survivor program to find out!

So when cabin fever settles in, check out our winter programs and head over to Flat Rock Brook. We are sure to have something to help you enjoy the wonders of the season.



City Council Supports Quarry Pond Project

by Stephen Wiessner, Executive Director

Quarry Pond adjacent to the Nature Center building was last dredged in the mid-1970s and is showing signs that it requires dredging work for it to remain a viable pond. Sediment has accumulated throughout the pond causing it to become increasingly shallow, reducing the amount of oxygen available to support marine wildlife. It has become apparent that now is the time to act on this issue, and Flat Rock Brook's Land Stewardship Committee and Board of Trustees voted to do what is necessary to retain the pond moving forward.

A dredging project is an expensive endeavor, requiring significant financial resources for the necessary engineering studies, permits, and construction to reclaim the pond. Flat Rock Brook received a significant boost from the Englewood City Council, which after a great show of support from the Flat Rock Brook community at the October 5th meeting, voted to re-appropriate nearly \$280,000 of capital funds towards the Quarry Pond project. This was a tremendous victory for Flat Rock Brook.

From here, a Request for Proposal (RFP) has been created and sent to various engineering firms for bids. Flat Rock Brook will select a firm in late fall to initiate environmental engineering studies. In the meantime, an aerating fountain has been installed to increase oxygen levels in the pond. This measure is expected to provide a short-term remedy to enhance wildlife habitat, while the Nature Center initiates the engineering process.

I would like to thank the Mayor and Council for supporting this project, and I also wanted to thank everyone who took time to speak on Flat Rock Brook's behalf at the Council meeting. It was great to see our grassroots support demonstrated. Feel free to contact me at (201) 567-1265 if you would like to learn more about the dredging process.



Flat Rock Brook News is published quarterly by the Flat Rock Brook Nature Association as a benefit of membership. To become a member, make your tax-deductible check payable to Flat Rock Brook and mail to:

Flat Rock Brook Nature Assn.

443 Van Nostrand Avenue
Englewood, NJ 07631

Student (over 13) \$15
Seniors (65 and over) \$20
Adult \$30
Family \$45
Group \$50
Sustaining \$75
Sponsor \$150
Life \$1,500

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Education Director
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Ryan Hasko

Secretary
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Building Hours

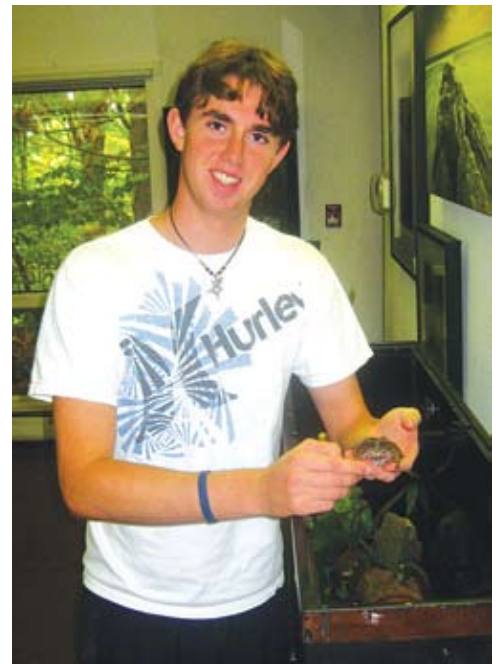
Monday - Friday
9:00 a.m. - 5:00 p.m.
Saturday and Sunday
1:00 p.m. - 5:00 p.m.
Trails are open every day
from dawn to dusk.

Volunteer Spotlight: Meet Max LeBlanc

Max LeBlanc joined Flat Rock Brook as a volunteer in 2008 and began helping with the care and feeding of the Nature Center's resident animals. From the beginning, as he trained on how to properly feed our animals and clean, and maintain their indoor habitats, Max's enthusiasm and love of wild-life and nature was apparent. The individual care he gives to each and every creature housed in the Nature Center building is a reflection of his kindness and maturity.

In addition to caring for Flat Rock Brook's animals, Max has always been willing to help with special events and occasional work days on the trails. If you need someone to row a canoe around for a few hours and never complain, Max is your guy!

Unfortunately Max's time with Flat Rock Brook is limited as he will enter college in the fall of 2011. We will all miss the excellent work Max has done for Flat Rock Brook and we wish him the very best of luck as he moves on to pursue his education. With such a positive and determined personality, Max will surely work in the future to help make sure we continue to have a healthy and sustainable environment.



Ernst and Young Volunteer Day



These volunteers from Ernst and Young in Secaucus put in a full day at Flat Rock Brook, helping Land Manager Ryan Hasko (center) install more than 600 plants as part of habitat restoration efforts in the park.

Winter Programs at Flat Rock Brook

To register please fill out the form on page 5 and mail it along with your payment to Flat Rock Brook. **All registration is by mail and on a first come, first served basis.** You are not registered until payment has been received. **In the event of cancellation, your payment will be refunded only if we are notified at least 5 business days before the scheduled program.** Additional registration forms are available on our web site (www.flatrockbrook.org). Programs meet at the Nature Center building, unless stated otherwise. Be aware of age requirements. **For additional information, please call 201 567-1265.**

Project Feeder Watch

Sunday, December 12, 1:30 – 3:00 p.m.

For adults and children 6 and older

Ever wanted to learn the names of the birds around your house but have been intimidated about going on a bird walk? This program is designed for budding “armchair birders”; however, all are welcome. Each winter, Cornell Laboratory of Ornithology uses amateur “citizen scientists” observing bird feeders to gather vital information about bird populations. Join us for an indoor program to learn to identify and tally the birds at our feeders and be a part of this important project. Bring binoculars or borrow ours. **Pre-registration by mail is required.**

Free for members, \$5 non-members.

Winter Toddler Times

Tuesdays: December 14, January 18, February 15

Thursdays: December 16, January 20, February 17

4:00 - 4:45 p.m.

For children ages 2-5 with parent or adult

These 45 minute programs are designed for the little ones. Each session will be held at the Nature Center, and will include a story and interactive activity. Come and join us for the fun! **Pre-registration by mail is required.** Per child cost: \$5 members, \$8 non-members.

Christmas Bird Count

Saturday, December 18, 9:00 a.m. – 1:00 p.m.

For adults and teens

Join local birders and our staff as we do our part to count all the birds at Flat Rock as part of the National Audubon Society’s annual nationwide Christmas Bird Count. We’ll go out in

small groups to search sections of the park and identify different species of birds. Afterwards, enjoy hot refreshments back at the Center as we tally the results. Dress for cold weather. We go rain or shine! Bring binoculars or borrow ours. Bring lunch. Beginners welcome. **No need to register.** Free.



Big Kid Adventures

Tuesdays: December 21, January 25, February 22

4:00 - 5:00 p.m.

For children 6-8 years old

We’re back for more! Come and join us for adventure after adventure at FRB during the winter. If you liked Toddler Times, you will love the Big Kid Adventures! Each session includes a natural science-themed story and an outdoor hike. Let’s have some fun! **Pre-registration by mail is required.** Per child, per class cost: \$5 for members, \$8 non-members.

Winter Hikes with Tykes

Sunday, January 9, 2:00 – 3:00 p.m.

For families with children 4-8 years old

Help relax after the holidays by joining us for a fun and informative nature hike with your tykes! We’ll take you on the trails and hike all over Flat Rock Brook seeing the sights and having a blast! **Pre-registration by mail is required.** Per child cost: \$5 members, \$8 non-members.

Spectacular Science

Thursdays: January 13, 27; February 10, 24

3:30 - 5:00 p.m.

For children 9-11 years old

Join us for after-school adventures in science. We’ll complete experiments, work with live animals and explore the land that is Flat Rock Brook. This is going to be awesome! **Pre-registration by mail is required.** \$7 members, \$10 non-members per class.

Wanderings with Ryan

Saturday, January 15, 10:00 – 11:00 a.m.

For adults and children 9 and older

Join Land Manager Ryan on a hike through Flat Rock Brook’s winter forest. Learn what type of wildlife is abundant during this time of year even though food and cover is scarce. Also learn how to identify some of the different trees in our forest when they have no leaves. We’ll be keeping our eyes out for white-tail deer, wild turkey, woodpeckers, and animal tracks in the snow.

Pre-registration by mail is required.

\$5 members, \$8 non-members.

Continued on page 4

Holiday Hikes

Martin Luther King Day Hike: Monday, January 17

Presidents' Day Hike: Monday, February 21

2:00 - 3:00 p.m.

For adults and children 9 and older

Celebrate the winter holidays with hike leader Geneva Warrick by taking a beautiful hike through the Flat Rock woods. Each hike is approximately 2-3 miles in length depending on the group's pace. Dress for the weather.

No need to register. Free for members, \$5 non-members.

Winter Survivor

Sunday, January 23, 1:00 - 2:30 p.m.

For families with children 10 and older

Do you have what it takes to survive in the wilderness in winter? Join educators Jill and Kristen and see if you are a "survivor of Flat Rock" by building your own shelters and finding things in the wilds of Flat Rock that could help you survive. Our reward? Cocoa and treats to help us warm up after the program. Dress for the weather and please pre-register. We have a limited amount of openings. **Pre-registration by mail is required.**

\$5 per person for members, \$8 non-members.

Eagle Watching on the Hudson River

Sunday, January 30, 9:30 a.m. - 4:30 p.m.

For families with children 10 and older

Meet Associate Naturalists Philip (Flip) De Rea and Ray Fowlie, Flat Rock Brook's own Jill Bennetta, Tenafly Nature Center's Education Director Debi Davidson, and Weis Ecology Center's Teacher-Naturalist Phaedra Demers, to enjoy a full day of Bald Eagle watching. The search will take us up the Hudson and across the New York border, with possible stops at Bear Mountain, Croton Point, and George's Point. Dress



for the weather and bring your best optics. Last year's highlights included many eagles of varying ages and a long-eared owl, and fun had by all! Meet off-site; directions sent upon registration. **Please register early as we have limited space!** \$15 members, \$20 non-members (includes handouts).

Animal Tracking Workshop

Sunday, February 6, 1:00 - 3:00 p.m.

For adults and children 8 and older

Join us for a workshop on tracking. All animals leave signs and signals that we can use as clues to determine who has been stomping, tromping, running and flitting through Flat Rock Brook. We take to the trails in search of our most common animals to our most elusive. Learn how animals make tracks, what other signs to look for, and make your very own track to take home as a souvenir. **Pre-registration by mail is required.**

\$7 per person for members, \$10 non-members.

The Great Backyard Bird Count

Sunday, February 20, 1:00 - 3:00 p.m.

For adults and children 8 and older

Be a "Citizen Scientist" and participate in this national bird research project. Learn to identify New Jersey's winter birds and then take a guided walk to identify and count all the birds we can find. Our data will be used by scientists at the Cornell Laboratory of Ornithology to analyze bird populations. Bring binoculars or borrow ours. Hot



Cocoa and tea served after to warm us up! **No need to register.** Free for members, \$5 non-members.

Winter Camp

Tuesday, February 22 - Friday, February 25

10:00 am - 3:00 p.m.

For children ages 7-10

Come and join our crazy camp staff for a great week in the wilds of Flat Rock! We'll explore the different habitats of Flat Rock in winter, complete activities, and play really cool nature games. Space is limited, so gear up for some winter fun! **Pre-registration by mail is required.**

\$150 members, \$175 non-members

Beat the February Blues Hike

Sunday February 27, 1:00 - 2:30 p.m.

For adults and children 6 and older

Time to get out of the house, breathe some fresh air, get that blood pumping, and have some fun! There's a lot going on at Flat Rock in the winter time. We'll look for animal tracks and signs as well as clues that spring isn't too far off. **Pre-registration by mail is required.**

Free for members, \$5 non-members

Nature Program Cooperative Events

Against All Odds: Miracles of Bird Migration

Hosted by Meadowlands Environment Center
Sponsored by Bergen County Audubon Society
Monday, December 6, 7:30 p.m.

Prize-winning nature author Scott Weidensaul will give a free talk, "Against All Odds - Miracles of Bird Migration". The talk will be held at the Meadowlands Environment Center auditorium located at 2 DeKorte Park Plaza in Lyndhurst.

Scott Weidensaul is the author of more than two dozen books on natural history, including the Pulitzer Prize-nominated Living on the Wind, about bird migration. His talk will explore the wonder and mechanics of migration, and the simple ways that humans can help at a time when the populations of many migratory birds are in drastic decline. This event will kick off Bergen County Audubon's 70th anniversary year. **Free Program**, Please call the Meadowlands Environment Center at (201) 460-8300 for registration details.

Winter Family Campfire

Hosted and presented by Tenafly Nature Center,
Sunday, December 12, 5:00 – 6:30 p.m.
For families with children 5 and older
Families will gather 'round the campfire' to learn about seasonal changes, listen to stories and roast marshmallows for s'mores. If the weather is inclement, the campfire will take place at the fireplace in the pavilion. Space is limited and **pre-registration is required**. The Tenafly Nature Center is located at 313 Hudson Avenue, Tenafly. Please contact them directly at (201) 568-6093 for registration details.
NPC members: \$5, non-members: \$10.

Note: NPC events are hosted at other Nature Centers. To register for an NPC event, please follow the instructions listed for the event. Please do not use the Flat Rock Brook registration form unless the event is at Flat Rock Brook.

Flat Rock Brook Program Registration Form

To register for a program fill out the registration form and mail it with your payment to the **Flat Rock Brook Nature Assn., 443 Van Nostrand Avenue, Englewood, NJ 07631**. All fees are per person. Additional forms are available on our website (www.flatrockbrook.org).

Name _____ Daytime Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Member Yes No (circle one)

Name of Program	Date	# Attending	Age(s)	Cost/Person	Amount

I would like to become a member of Flat Rock Brook and receive discounts on programs, invitations to members only events, and Flat Rock Brook's quarterly newsletter.

___ Family \$45 Sustaining \$75
 ___ Individual \$30 Sponsor \$150
 ___ Senior \$20 Life \$1,500
 ___ Student \$15
 ___ Group \$50 New Renewal

My check for \$ _____ is enclosed. Total Programs \$ _____

Please charge my credit card: Membership \$ _____

Visa Master Card Discover
 Amount Due \$ _____

Card # _____ Exp. Date _____

Signature (Required) _____

Election of Trustees at Annual Meeting



Left to right: Newly elected Trustees John Kendrick, Serena Carson, and Jeffrey Russell.

At the Annual Meeting of the Flat Rock Brook Nature Association in September Serena Carson, John Kendrick and Jeffrey Russell were elected to serve 3-year terms on the Board of Trustees.

Serena Carson was born and raised in Manhattan. She moved to Englewood in 1970 and raised three children in the local school system and at Dwight-Englewood School. Serena has been a real estate professional in the Englewood area for more than 30 years. Serena has been active in Flat Rock Brook, Friends of the Englewood Library, and the Englewood Historical Society. She enjoys sailing on the Hudson River, playing tennis and golf, and visiting and travelling with her grandchildren. She has been involved with the Flat Rock Brook Holiday Sale from its early years. Her husband Rob, who retired from teaching at Dwight-Englewood after 43 years, served as a Trustee and Treasurer of Flat Rock.

John Kendrick retired as professor of Sociology at Bucknell University in 2001, where he served two

terms as department chair. He was also chair of the curriculum committee of the College of Arts and Sciences and helped organize and chair the University Faculty Committee on Computing. Prior to that, he was an assistant professor of Sociology at Yale University. John earned his PhD in Sociology from Northwestern University and a Bachelor of Divinity from Yale University. He also earned a BA and Bachelor of Business Administration from the University of Texas at Austin. He has been active in community work in Leonia, including membership on the Leonia Library Board of Trustees; the Leonia Borough Website Committee; one of the moderators of the Leonia Taxpayers Association Listserv since 2000; and a member of the Leonia Taxpayers Association Board. He is married to Barbara Jacobson.”

Jeffrey Russell co-manages the ClearBridge Advisors Small Cap Growth, Small/mid Cap Focus and International ADR Strategy products. He has 28 years of investment industry experience, begin-

ning at Drexel Burnham Lambert as a media analyst and later a global portfolio manager. He has extensive experience analyzing and investing in both international and domestic companies of all market capitalizations. Jeff earned a Bachelor’s degree from the Massachusetts Institute of Technology and an MBA from the University of Pennsylvania’s Wharton School. He holds a CFA designation and serves as a board member for several non-profit organizations. He has lived in Englewood since 1991 and he and his wife, Rosemary, have three teen-aged children who have spent many happy and engaged hours at Flat Rock Brook.

Peyton Gibson, Linda Harnish, Annette Hollander, and George Milne were elected to serve their second three-year terms as Trustees.

Jennifer McMillan Rubin and Henry Pruitt III were elected as first and second Vice Presidents respectively.

Go Green With FRB

Winterize!

As winter is fast approaching, homeowners can take the time to cheaply and easily make small improvements to help reduce wasted energy due to heat loss. Inexpensive weatherstripping is available in any hardware store to seal up drafty doors and windows. Low-cost caulking and foams are available to fill in cracks on exterior portions of a house to prevent cold air from entering into a home. If one has the ability to make an initial investment, replacing old windows or an old boiler with something more efficient can save money in the long run. Money saved on heating bills means less energy consumed, which is always a benefit for the environment.

Blue Moon Fundraiser—Tuesday, December 7 Enjoy a festive evening and benefit Flat Rock Brook!

Clip the coupon below and present it when you dine at the Blue Moon Mexican Cafe in Englewood on Tuesday, December 7 and 20% of your bill (excluding tax and gratuity) will be donated to Flat Rock Brook! Coupons are also available at www.BlueMoonMexicanCafe.com.

Blue Moon Mexican Cafe
Community Night
Flat Rock Brook
Nature Center

Tuesday December 7th, 2010
Englewood 11:30am - 11:00pm
Lunch, Dinner, Take-Out & Delivery⁹⁹

Please present this card when you dine at the Blue Moon(s) listed above and 20% of your bill (excluding tax and gratuity) will be donated to the organization named above. Seating will be based on first come, first serve, we will not be accepting reservations on these evenings. This offer cannot be combined with any other promotions, offers or coupons. This offer is only valid for the date(s) on the front of this card and only at the Blue Moon Mexican Cafe location(s) listed above. Please contact restaurants directly to see if your town is in our delivery zones. no customer discount will be given.

www.BlueMoonMexicanCafe.com



Richard Arthur Norton

Cats on the Loose

Cat owners often allow their cats to roam outside. Allowing one's cat to roam freely may seem like a good way for a cat to exercise and experience the outdoors, but it may cause harm for the surrounding wildlife and for your pet as well.

Kills by outdoor pets and feral cats are abundant and a serious threat to natural habitats. Cats prefer to prey upon small mammals and birds, sometimes seriously diminishing native animal populations. Owners are aware of the “presents” left on decks and porches by their family pet.

Numerous studies have shown the affects of cat predation upon natural communities. One study conducted by the Point Reyes Bird Observatory in California estimated that in the United States, up to 4.4 million song-birds are killed, per day, by outdoor cats. Loss of birds, small mammals, reptiles, and amphibians affects the entire food chain. Predator numbers diminish as small animal populations drop due to cat predation.

On the other side of the equation, cats are seriously out matched by raccoons and coyotes, and encounters with either animal can prove fatal to your pet.

We urge cat owners to keep their pet indoors and never feed feral cats found in the neighborhood. Contact the Nature Center for more information on this subject. —Ryan Hasko

Exhibit Design Previewed at Annual Meeting



The design for Flat Rock Brook's planned exhibit “A Walk in the Woods” was previewed at the Association's Annual Meeting on September 20th. The model pictured above shows the main room from the entry doors. The exhibit will examine the various habitats found at Flat Rock Brook—forest, meadow, pond and stream, bird life and the watershed and show the interdependence of the natural world and how human actions impact the environment. Contact the Nature Center for more information. Designs for the exhibit were created by Evidence Design located in New York.

Winter Calendar



December

- 3-5 HOLIDAY SALE
- 12 Project Feeder Watch
- 14 Toddler Times
- 16 Toddler Times
- 18 Christmas Bird Count
- 21 Big Kid Adventures

January

- 9 Hikes with Tykes
- 13 Spectacular Science
- 15 Wanderings with Ryan
- 17 MLK Day Hike
- 18 Toddler Times
- 20 Toddler Times
- 23 Winter Survivor
- 25 Big Kid Adventures
- 27 Spectacular Science
- 30 Eagle Watching

February

- 6 Tracking Workshop
- 10 Spectacular Science
- 15 Toddler Times
- 17 Toddler Times
- 20 Backyard Bird Count
- 21 Presidents' Day Hike
- 22-25 Winter Camp
- 22 Big Kid Adventures
- 24 Spectacular Science
- 27 February Blues Hike

The Holiday Sale

at Flat Rock Brook

Friday, December 3 - Sunday, December 5
From 10:00 a.m. – 4:00 p.m.



MEMBERS' PREVIEW

Thursday, December 2
From 7:00 – 9:00 p.m.

*Silent Auction Treasures
Fresh Christmas Trees
Holiday Wreaths and Plants
Great Gifts and Toys
Yummy Baked Goods
Tricky Tray Surprises
And **MUCH** More!*

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